

Full Report (All Nutrients) 01107, Milk, human, mature, fluid

Report Date: July 05, 2017 04:15 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.38

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error | 1 fl oz 30.8g | 1 cup 246g |
|--------------------------------|------|---------------------|----------------|------------|------------------|---------------|
| Proximates | | | | | | |
| Water | g | 87.50 | 616 | 0.043 | 26.95 | 215.25 |
| Energy | kcal | 70 | -- | -- | 22 | 172 |
| Energy | kJ | 291 | -- | -- | 90 | 716 |
| Protein | g | 1.03 | 591 | 0.018 | 0.32 | 2.53 |
| Total lipid (fat) | g | 4.38 | 415 | 0.048 | 1.35 | 10.77 |
| Ash | g | 0.20 | 396 | 0.001 | 0.06 | 0.49 |
| Carbohydrate, by difference | g | 6.89 | -- | -- | 2.12 | 16.95 |
| Fiber, total dietary | g | 0.0 | -- | -- | 0.0 | 0.0 |
| Sugars, total | g | 6.89 | -- | -- | 2.12 | 16.95 |
| Minerals | | | | | | |
| Calcium, Ca | mg | 32 | 755 | 0.248 | 10 | 79 |
| Iron, Fe | mg | 0.03 | 277 | 0.002 | 0.01 | 0.07 |
| Magnesium, Mg | mg | 3 | 303 | 0.039 | 1 | 7 |
| Phosphorus, P | mg | 14 | 632 | 0.095 | 4 | 34 |
| Potassium, K | mg | 51 | 172 | 0.610 | 16 | 125 |
| Sodium, Na | mg | 17 | 342 | 0.252 | 5 | 42 |
| Zinc, Zn | mg | 0.17 | 281 | 0.006 | 0.05 | 0.42 |
| Copper, Cu | mg | 0.052 | -- | -- | 0.016 | 0.128 |
| Manganese, Mn | mg | 0.026 | -- | -- | 0.008 | 0.064 |
| Selenium, Se | µg | 1.8 | 101 | 0.017 | 0.6 | 4.4 |
| Vitamins | | | | | | |
| Vitamin C, total ascorbic acid | mg | 5.0 | 233 | 0.118 | 1.5 | 12.3 |

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| Thiamin | mg | 0.014 | 279 | 0.000 | 0.004 | 0.034 |
| Riboflavin | mg | 0.036 | 275 | 0.001 | 0.011 | 0.089 |
| Niacin | mg | 0.177 | 271 | 0.003 | 0.055 | 0.435 |
| Pantothenic acid | mg | 0.223 | 416 | 0.003 | 0.069 | 0.549 |
| Vitamin B-6 | mg | 0.011 | 88 | 0.001 | 0.003 | 0.027 |
| Folate, total | µg | 5 | 7 | 0.346 | 2 | 12 |
| Folic acid | µg | 0 | -- | -- | 0 | 0 |
| Folate, food | µg | 5 | 7 | 0.346 | 2 | 12 |
| Folate, DFE | µg | 5 | -- | -- | 2 | 12 |
| Choline, total | mg | 16.0 | -- | -- | 4.9 | 39.4 |
| Vitamin B-12 | µg | 0.05 | 32 | -- | 0.02 | 0.12 |
| Vitamin B-12, added | µg | 0.00 | -- | -- | 0.00 | 0.00 |
| Vitamin A, RAE | µg | 61 | -- | -- | 19 | 150 |
| Retinol | µg | 60 | -- | -- | 18 | 148 |
| Carotene, beta | µg | 7 | -- | -- | 2 | 17 |
| Carotene, alpha | µg | 0 | -- | -- | 0 | 0 |
| Cryptoxanthin, beta | µg | 0 | -- | -- | 0 | 0 |
| Vitamin A, IU | IU | 212 | -- | -- | 65 | 522 |
| Lycopene | µg | 0 | -- | -- | 0 | 0 |
| Lutein + zeaxanthin | µg | 0 | -- | -- | 0 | 0 |
| Vitamin E (alpha-tocopherol) | mg | 0.08 | -- | -- | 0.02 | 0.20 |
| Vitamin E, added | mg | 0.00 | -- | -- | 0.00 | 0.00 |
| Vitamin D (D2 + D3) | µg | 0.1 | -- | -- | 0.0 | 0.2 |
| Vitamin D3 (cholecalciferol) | µg | 0.1 | -- | -- | 0.0 | 0.2 |
| Vitamin D | IU | 3 | -- | -- | 1 | 7 |
| Vitamin K (phylloquinone) | µg | 0.3 | -- | -- | 0.1 | 0.7 |
| Lipids | | | | | | |
| Fatty acids, total saturated | g | 2.009 | -- | -- | 0.619 | 4.942 |
| 4:0 | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 6:0 | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 8:0 | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 10:0 | g | 0.063 | 16 | 0.006 | 0.019 | 0.155 |
| 12:0 | g | 0.256 | 18 | 0.023 | 0.079 | 0.630 |

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|------------------------------------|------|------------------|-------------|------------|---------------|------------|
| 14:0 | g | 0.321 | 20 | 0.019 | 0.099 | 0.790 |
| 16:0 | g | 0.919 | 20 | 0.023 | 0.283 | 2.261 |
| 18:0 | g | 0.293 | 20 | 0.018 | 0.090 | 0.721 |
| Fatty acids, total monounsaturated | g | 1.658 | -- | -- | 0.511 | 4.079 |
| 16:1 undifferentiated | g | 0.129 | 17 | 0.012 | 0.040 | 0.317 |
| 18:1 undifferentiated | g | 1.475 | 20 | 0.037 | 0.454 | 3.629 |
| 20:1 | g | 0.040 | 12 | 0.003 | 0.012 | 0.098 |
| 22:1 undifferentiated | g | 0.000 | -- | -- | 0.000 | 0.000 |
| Fatty acids, total polyunsaturated | g | 0.497 | -- | -- | 0.153 | 1.223 |
| 18:2 undifferentiated | g | 0.374 | 20 | 0.030 | 0.115 | 0.920 |
| 18:3 undifferentiated | g | 0.052 | 15 | 0.013 | 0.016 | 0.128 |
| 18:4 | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 20:4 undifferentiated | g | 0.026 | 14 | 0.004 | 0.008 | 0.064 |
| 20:5 n-3 (EPA) | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 22:5 n-3 (DPA) | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 22:6 n-3 (DHA) | g | 0.000 | -- | -- | 0.000 | 0.000 |
| Cholesterol | mg | 14 | 54 | 0.366 | 4 | 34 |
| Amino Acids | | | | | | |
| Tryptophan | g | 0.017 | -- | -- | 0.005 | 0.042 |
| Threonine | g | 0.046 | -- | -- | 0.014 | 0.113 |
| Isoleucine | g | 0.056 | -- | -- | 0.017 | 0.138 |
| Leucine | g | 0.095 | -- | -- | 0.029 | 0.234 |
| Lysine | g | 0.068 | -- | -- | 0.021 | 0.167 |
| Methionine | g | 0.021 | -- | -- | 0.006 | 0.052 |
| Cystine | g | 0.019 | -- | -- | 0.006 | 0.047 |
| Phenylalanine | g | 0.046 | -- | -- | 0.014 | 0.113 |
| Tyrosine | g | 0.053 | -- | -- | 0.016 | 0.130 |
| Valine | g | 0.063 | -- | -- | 0.019 | 0.155 |
| Arginine | g | 0.043 | -- | -- | 0.013 | 0.106 |
| Histidine | g | 0.023 | -- | -- | 0.007 | 0.057 |
| Alanine | g | 0.036 | -- | -- | 0.011 | 0.089 |
| Aspartic acid | g | 0.082 | -- | -- | 0.025 | 0.202 |
| Glutamic acid | g | 0.168 | -- | -- | 0.052 | 0.413 |

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|-----------------|-------------|---------------------------------|------------------------|-------------------|--------------------------|-----------------------|
| Glycine | g | 0.026 | -- | -- | 0.008 | 0.064 |
| Proline | g | 0.082 | -- | -- | 0.025 | 0.202 |
| Serine | g | 0.043 | -- | -- | 0.013 | 0.106 |
| Other | | | | | | |
| Alcohol, ethyl | g | 0.0 | -- | -- | 0.0 | 0.0 |
| Caffeine | mg | 0 | -- | -- | 0 | 0 |
| Theobromine | mg | 0 | -- | -- | 0 | 0 |